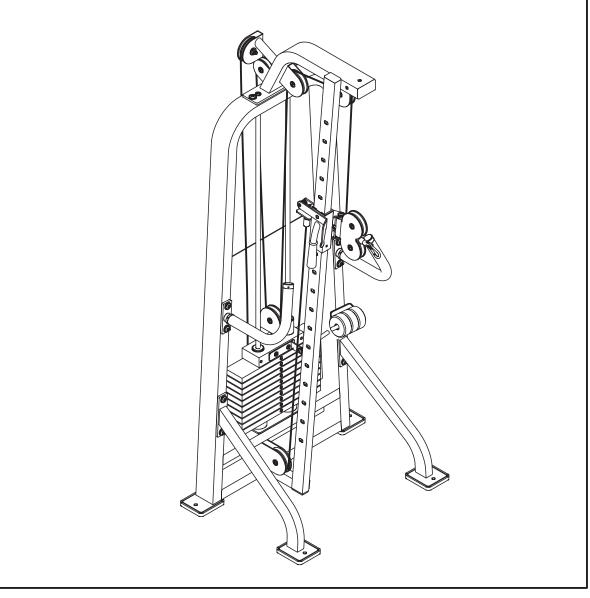


CL2061



 $Note: Both \ Serial \ Number \ and \ Model \ Number \ are \ Required \ when \ Ordering \ Parts$

RECORD SERIAL NUMBER HERE

Customer Service

(800) 548-5438

(619) 578-7676

<u>Fax</u>

 $(619) \overline{578} - 9558$

March~2000

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Step 1

Before beginning assembly please take the time to read the instructions thoroughly. Please use the catalog in this manual to make sure that all parts have been included in your shipment. When ordering use the part number and description from the catalog. Use only Hoist replacement parts when servicing. Failure to do so will void your warranty and could result in personal injury.

Hoist equipment is designed to provide the smoothest, most effective exercise motion possible. After assembly, you should check all functions to ensure correct operation. If you experience problems, first recheck the assembly instructions to locate any possible errors made during assembly. If you are unable to correct the problem, call your authorized Hoist dealer. Be sure to have your serial number and this catalog when calling. When all parts have been accounted for, continue on to Step 2.

TOOLS REQUIRED

Standard Allen Wrench Set (3/32" - 5/16")

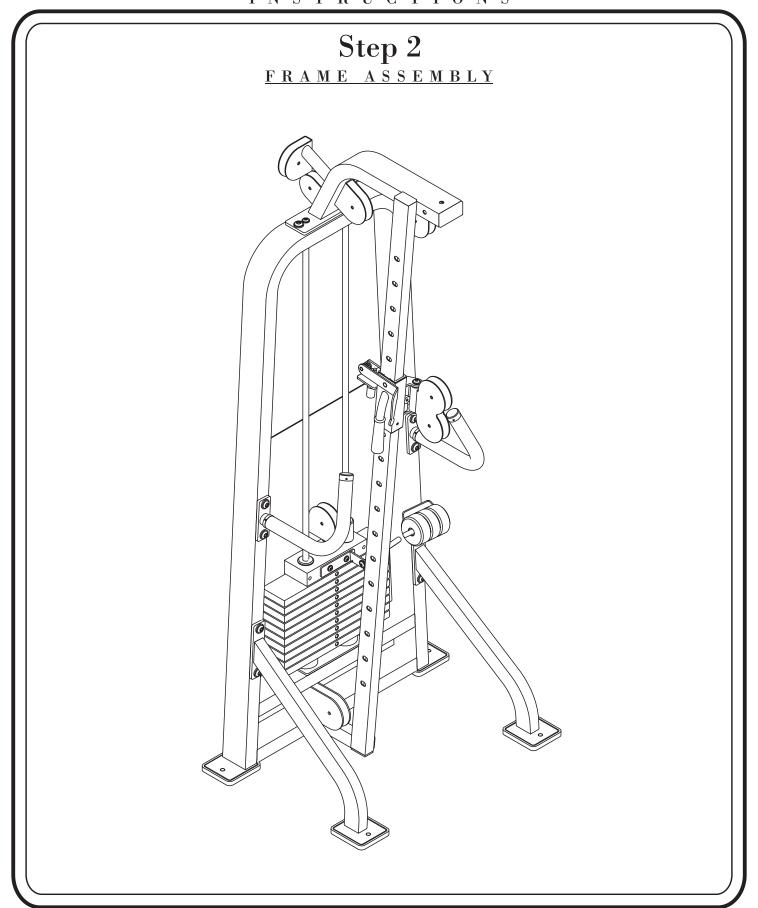
Crescent Wrench

Rubber Mallet

Tape Measure







Step 2a

FRAME ASSEMBLY

In this step attach (2), (3), and (4) to (1). Wrench tighten bolts. Lift machine to position (5).

Part Descriptions

- 1 Frame Assembly
- 2 Front Support Left
- 3 Front Support Right
- 4 Rear Support Assembly
- 5 Rubber Foot Pad

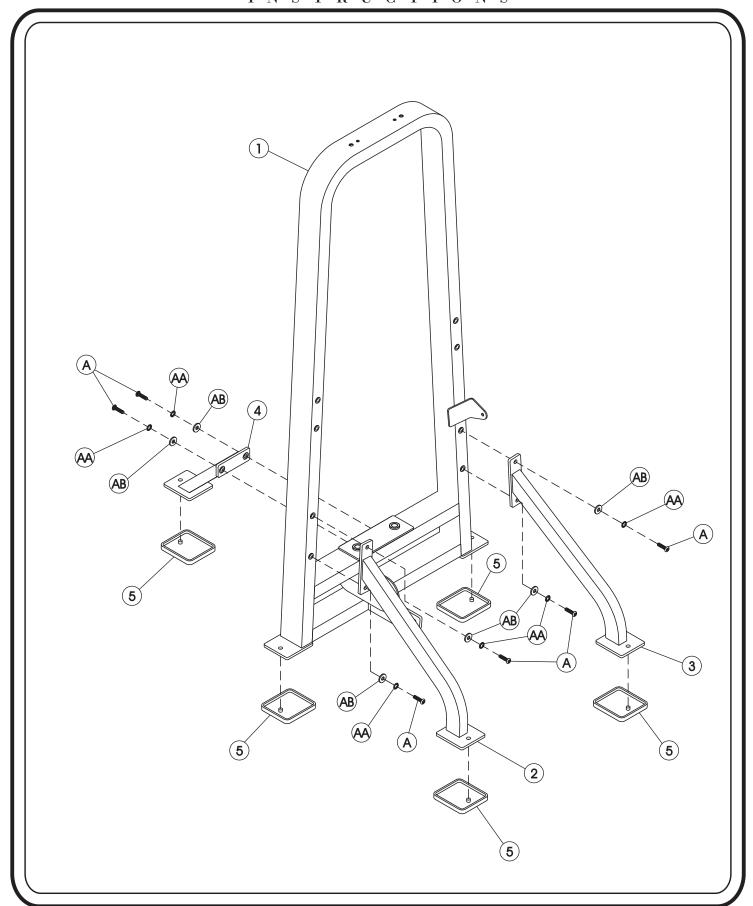
Hardware Descriptions

A - 1/2"-13 x 1 1/2" Button Head Screw (White Zinc)

AA - 1/2" Lock Washer (White Zinc)

AB - 1/2" Flat Washer (White Zinc)





Step 2b

$\underline{F\ R\ A\ M\ E\ A\ S\ S\ E\ M\ B\ L\ Y}$

Attach (6), (7), and (8) to (1). Wrench tighten bolts.

Part Descriptions

1 - Frame Assembly

6 - Handle Assembly Right

7 - Handle Assembly Left

8 - Top Pulley Mount Assembly

Hardware Descriptions

A - 1/2"-13 x 1 1/2" Button Head Screw (White Zinc)

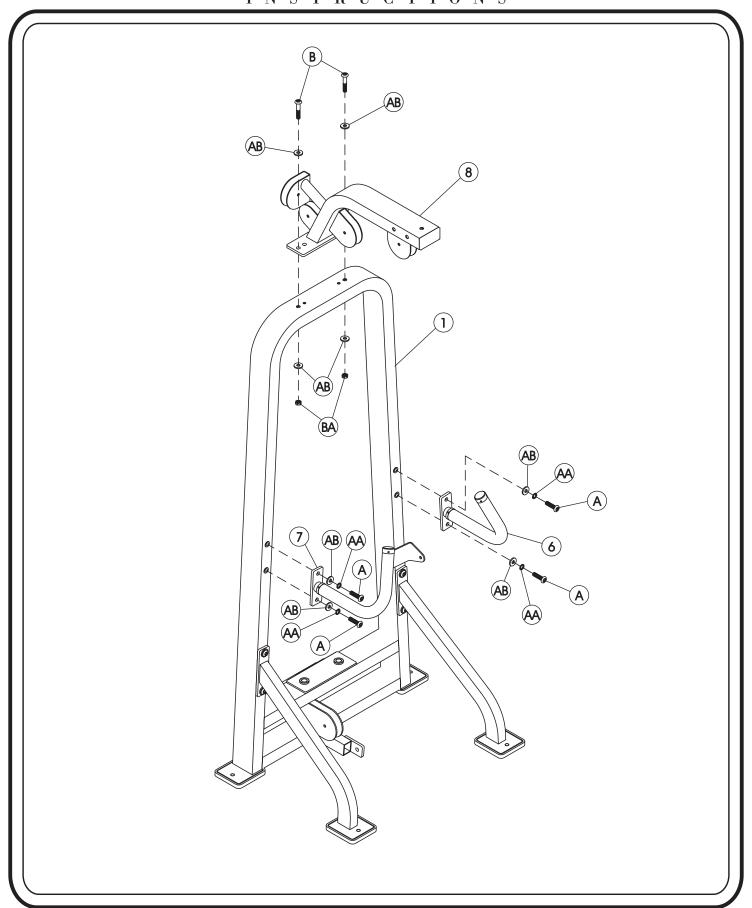
B - 1/2"-13 x 3" Button Head Screw

AA - 1/2" Lock Washer (White Zinc)

AB - 1/2" Flat Washer (White Zinc)

BA - 1/2" Lock Nut





Step 2c

FRAME ASSEMBLY

In this step, start by pressing (CB) and (CA) into (12), insuring (CB) is pressed in the same side as (14) is mounted to (13). Place (9) over the two holes in the bottom of (1). Now slide (9) into the holes. Slide (11) and (12) onto (9). Make sure (12), (11), and (9) are sitting level, then fasten the top of each (9) to (1). Next attach (14) to (13). Secure (13) to (12), slide on (16) and attach another (14) to (1). Attach bigger end of the (CC) to (13), and the other end to (17). Then <u>Wrench tighten</u> bolts.

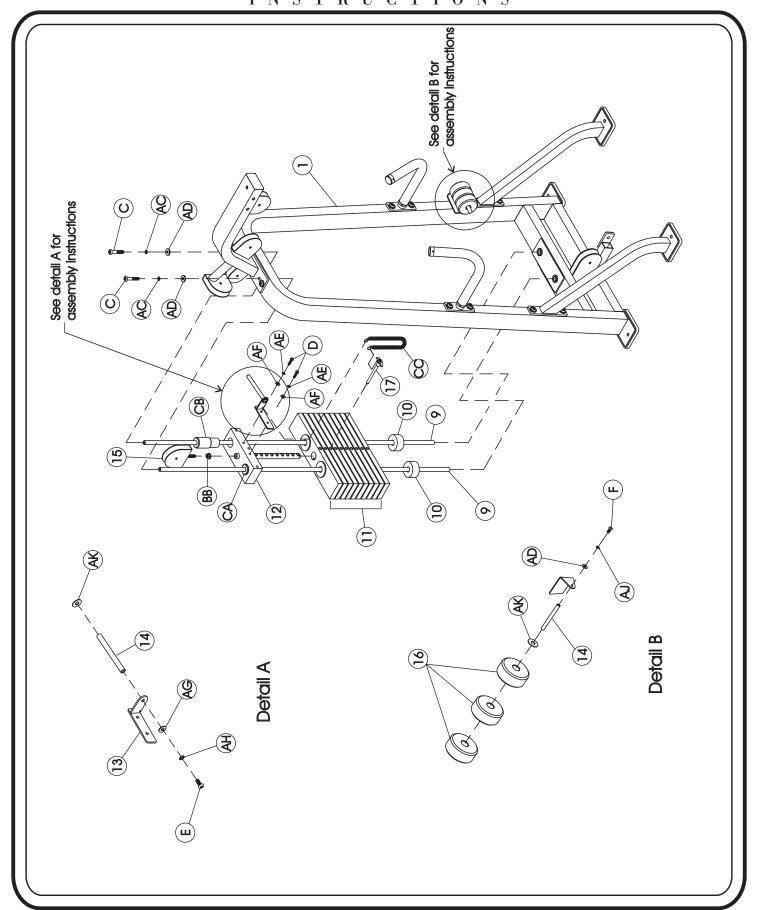
Part Descriptions

- 1 Frame Assembly
- 9 Guide Rod
- 10 Weight Bumper
- 11 20 LB. Intermediate Weight
- 12 8.6 LB Aluminum Weight
- 13 Center RH (BRK) Assembly
- 14 Add on Rod
- 15 Cable Pulley Weight Mount Assembly
- 16 5 LB Cast Add on Weight
- 17 Weight Selector Pin

Hardware Descriptions

- C 3/8"-16 x 3 1/2" Button Head Screw
- D 5/16"-18 x 1" Button Head Screw
- E 3/8"-16 x 1" Button Head Screw
- F 3/8"-16 x 1" Button Head Screw
- AC 3/8" Split Washer
- AD 3/8" Flat Washer
- AE 5/16" Lock Washer
- AF 5/16" Flat Washer
- AG 3/8" Flat Washer
- AH 3/8" Lock Washer
- AJ 3/8" Lock Washer
- AK 5/8" Nylon Washer
- BB Serrated Hex Nut
- CA Guide Bearing (Short)
- CB Guide Bearing (Tall)
- CC Selector Pin Lanyard





Step 2d

FRAME ASSEMBLY

Continue assembling the CL2061 by sliding (19) into (18) and attaching (18) to (20). Next attach (21) to (20) and slide (20) on (23). Secure (23 to (8) and (1). Wrench tighten bolts.

Part Descriptions

18 - Sliding Pulley Mount

19 - Shaft

20 - Pulley Mount

21 - Pulley Mount Adjustment Lever $\,$ H - 1/2"-13 x 1 Flat Head Allen Screw

22 - Plastic Block

23 - Pulley Mount Adjuster Bar

24 - Latch Pin

Hardware Descriptions

A - 1/2"-13 x 1 ½ Button Head Screw

F - 3/8"-16 x 1 Button Head Screw

G - 1/2"-13 x 5 Hex Head Bolt

AA - 1/2" Lock Washer

AB - 1/2" Flat Washer

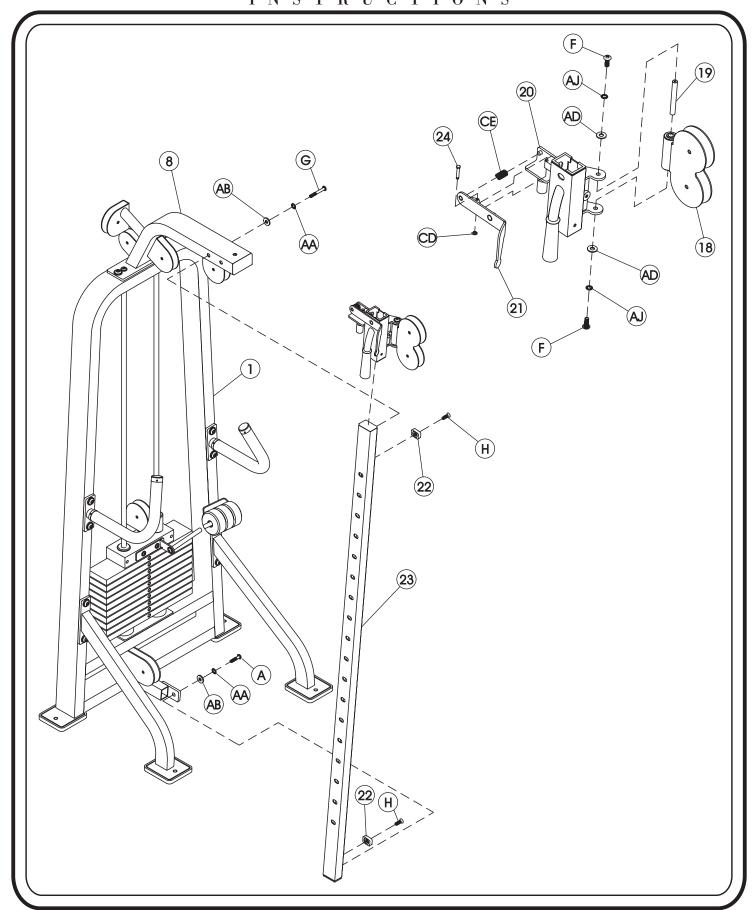
AD - 3/8" Flat Washer

AJ - 3/8" Lock Washer

CD - C-Clip

CE - Century Spring 3894





Step 2e

CABLE INSTALLATION

Part Descriptions

26 - Hi-Lo Pulley Cable

Hardware Descriptions

J - 3/8"-16 x 2" Button

AC - 3/8" Split Washer

AD - 3/8" Flat Washer

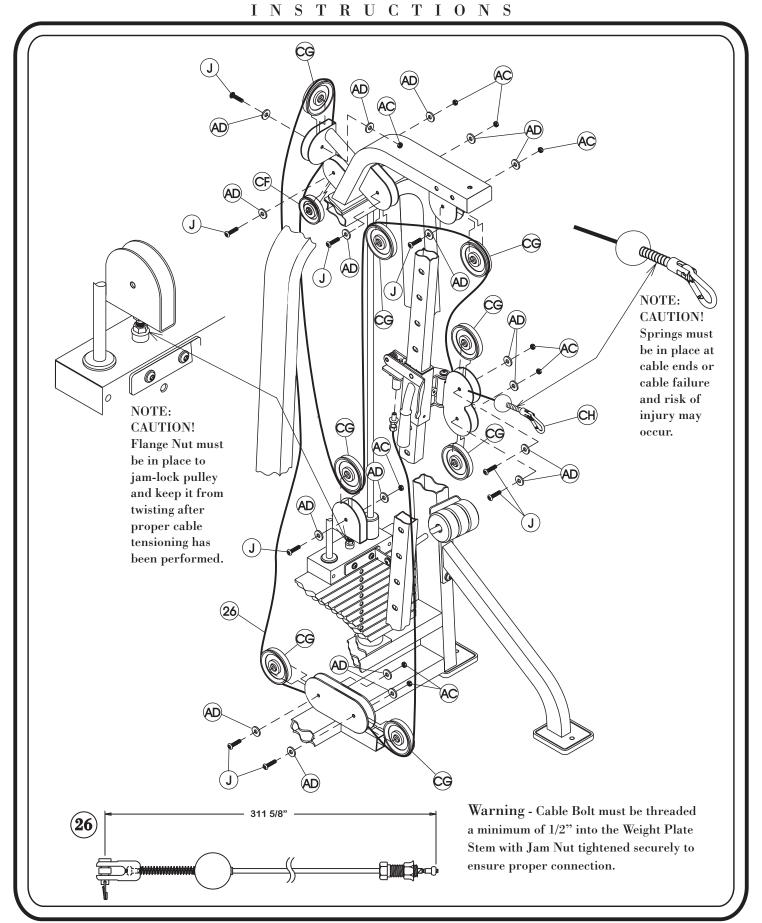
CF - 3 1/2" Pulley

CG - 4 1/2" Pulley

CH - Snap Link Dia. 5/16" x 2 3/4" L

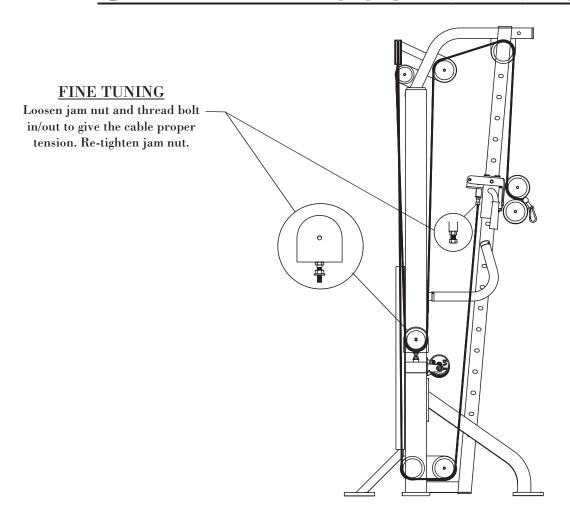


ASSEMBLY



ASSEMBLY MANUAL

CABLE ADJUSTMENTS



Adjustments may need to be made during the first few session of use. Refer to the chart above for the points where adjustments to the cable tension may be made. The maintenance chart below should be followed to ensure that your equipment remains safe to use and continues to operate smoothly.

MAINTENANCE (To be performed monthly)

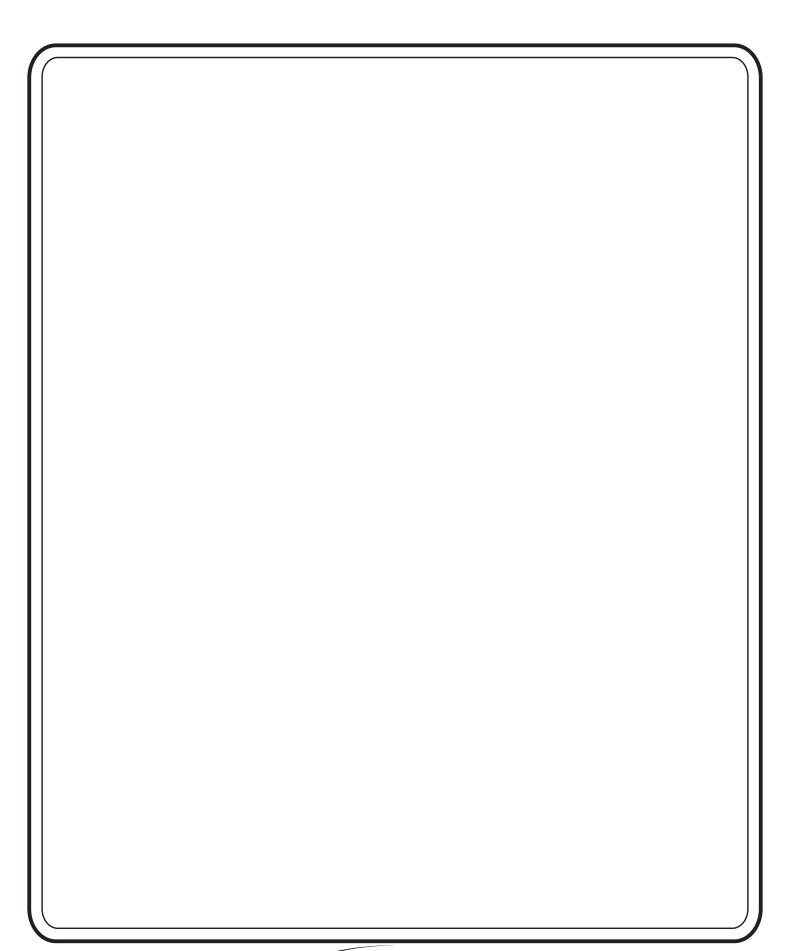
<u>CABLES:</u> If plastic casing is cracked or cables are frayed, the cables should be replaced. Check all cable bolts and cable attachments to be sure they are properly attached. Check slack in cables and readjust cable tension if needed.

MOVING PARTS: Tighten bolts as needed. Replace worn bushings. Inspect pull pin knobs to be sure they are screwed on tightly.

<u>ROTATING PARTS:</u> (I.E. Lat bars, curl bars, etc.) Lube every 300 hours.

<u>GUIDE RODS:</u> Wipe clean with a dust free rag. Lube once a month with Super Lube (Teflon lubricant). DO NOT USE OIL TO LUBRICATE HOIST EQUIPMENT!







Step 2f

 $\underline{S\ H\ E\ I\ L\ D}\quad \underline{A\ S\ S\ E\ M\ B\ L\ Y}$

Secure (25) to (1). Wrench tighten bolts.

Part Descriptions

1 - Frame Assembly

25 - Sheild

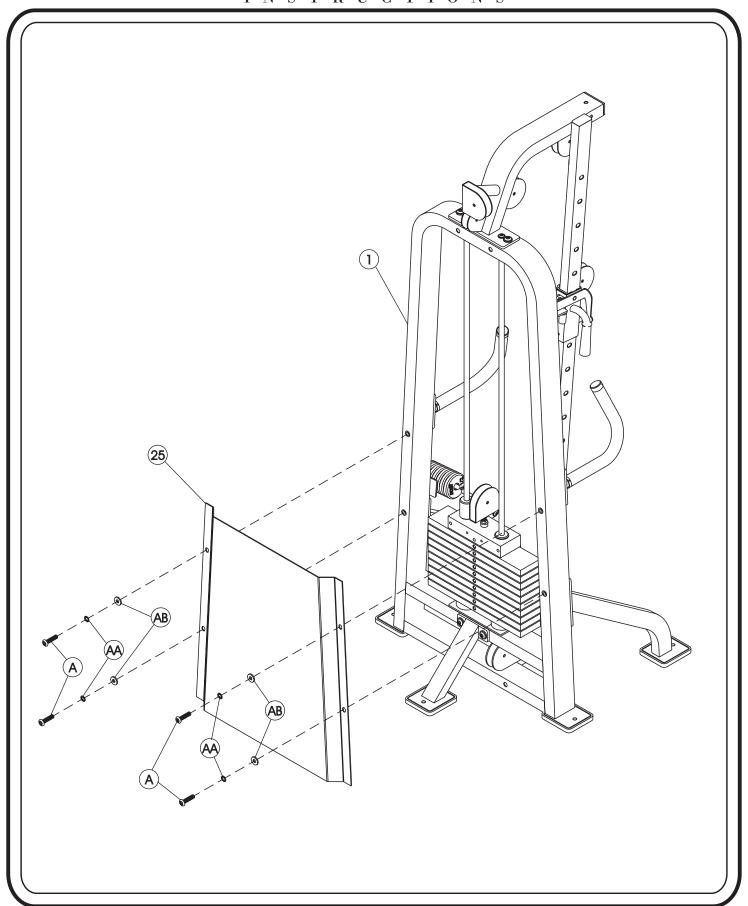
Hardware Descriptions

A - 1/2"-13 x 1 $\frac{1}{2}$ Button Head Screw

AA - 1/2" Lock Washer

AB - 1/2" Flat Washer





Step 2g

FRAME ASSEMBLY

Slide (27) up into (12) and secure with (CW).

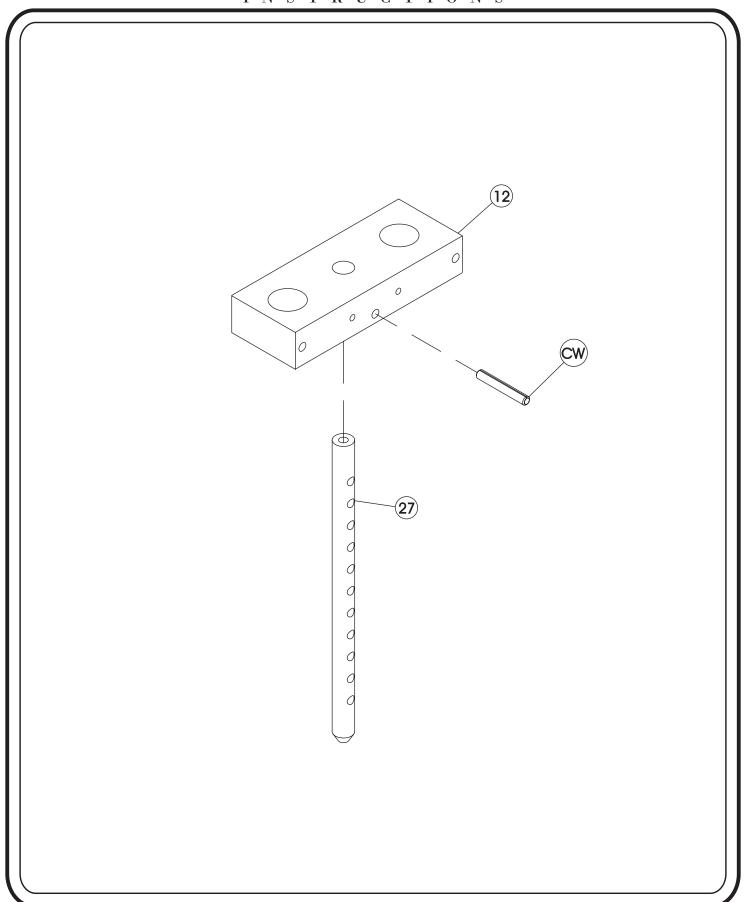
Part Descriptions

12 - 8.6lb. Steel Top Plate 27 - Stem

Hardware Descriptions

CW - 7/16" x 3" Roll Pin





Step 3

PRE-ASSEMBLY

(Factory Installation) Insert (CT) into (1) and (23).

Part Descriptions

1 - Frame Assembly

6 - Handle Assembly, Right

7 - Handle Assembly, Left

8 - Top Pulley Mount Assembly

18 - Sliding Pulley Mount

20 - Pulley Mount

23 - Pulley Mount Adjuster Bar

Hardware Descriptions

CJ - Radial Bearing

CK - Adjuster Sleeve

CL - Guide Rod Bushing

CM - 2 x 4 End Cap (Horizontal H)

CN - Rubber Grip (16.00 L)

CP - Comfort Grip

CQ - Aluminum Cap

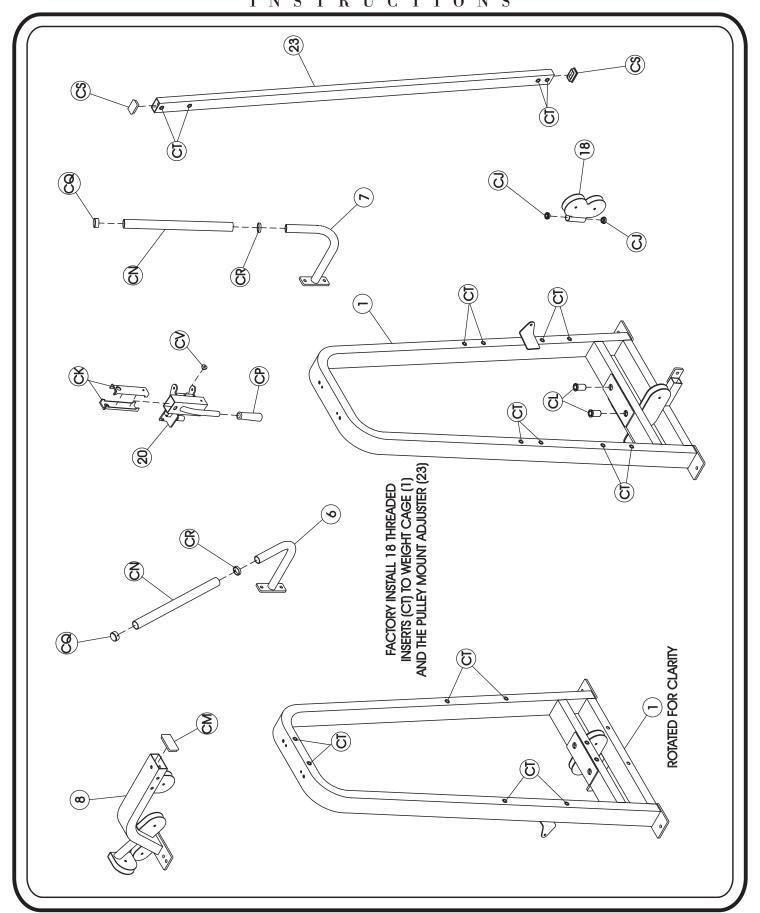
CR - Aluminum Ring

CS - 2 1/2" x 1 1/2" End Cap

CT - 1/2" insert

CV - Plug Bumper





A SSEMBLY C A T A L O G

PART LISTING

Key#	Qty	Part Number	Description
1	1	26-STD-SX655	FRAME ASSEMBLY
2	1	26-STD-SX649	FRONT SUPPORT LEFT
3	1	26-STD-SX648	FRONT SUPPORT RIGHT
4	1	26-STD-SX652	REAR SUPPORT ASSEMBLY
5	5	26-STD-PLAS195	RUBBER FOOT PAD
6	1	26-STD-SX646	HANDLE ASSEMBLY RIGHT
7	1	26-STD-SX647	HANDLE ASSEMBLY LEFT
8	1	26-STD-SX650	TOP PULLEY MOUNT ASSEMBLY
9	2	26-STD-SG143	GUIDE ROD
10	2	26-STD-PLAS201	WEIGHT BUMPER
11	10	26-STD-SW104	20 LB INTERMEDIATE WEIGHT
12	1	26-STD-SWTOP12	TOP WEIGHT
13	1	26-STD-SX155	CENTER RH (BRK) ASSEMBLY
14	2	26-STD-SM295	ADD-ON ROD
15	1	26-STD-SX653	CABLE PULLEY WEIGHT MOUNT ASSEMBLY
16	3	26-STD-SWADD7	ADD-ON WEIGHTS
17	1	26-STD-SM134	WEIGHT SELECTOR PIN
18	1	26-STD-SX651	SLIDING PULLEY MOUNT
19	1	26-STD-SM290	SHAFT
20	1	26-STD-SX645	PULLEY MOUNT
21	1	26-STD-SX654	PULLEY MOUNT ADJUSTER LEVER
22	2	26-STD-PLAS221	PLASTIC BLOCK
23	1	26-STD-ST250	PULLEY MOUNT ADJUSTER BAR
24	1	26-STD-SM309	LATCH PIN
25	1	26-STD-SSH171	SHIELD
26	1	26-STD-SC224	HI-LO PULLEY CABLE
27	1	26-STD-SW112	STEM (11 HOLE)



ASSEMBLY CATALOG

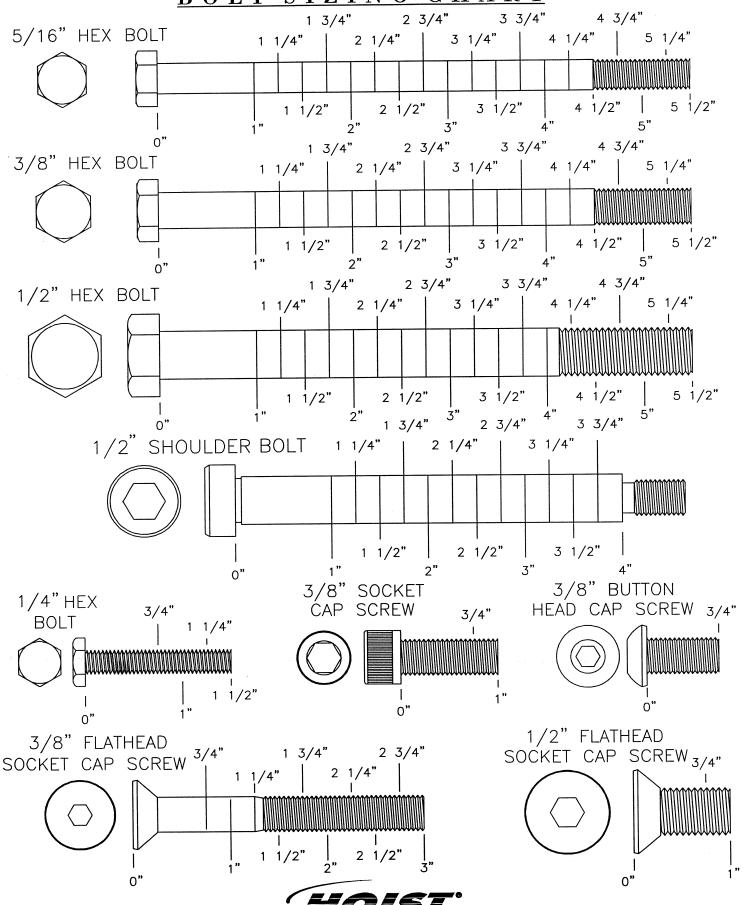
HARDWARE LISTING

Key#	Qty	Part Number	Description
Α	15	11-BTN-12112WZ	1/2"-13 x 1 1/2" BUTTON HEAD
В	2	11-BTN-123WZ	1/2"-13 x 3" BUTTON HEAD
С	2	11-BTN-38312WZ	3/8"-16 x 3 1/2" BUTTON HEAD
D	2	11-BTN-5161	5/16"-18 x 1" BUTTON HEAD
Е	1	11-BTN-381	3/8"-16 x 1" BUTTON HEAD
F	3	11-BTN-381WZ	3/8"-16 x 1" BUTTON HEAD
G	1	11-HEX-125	1/2"-13 x 5" HEX HEAD BOLT
Н	2	11-FLA-121	1/2"-13 x 1" FLAT HEAD SCREW
J	9	11-BTN-382WZ	3/8"-16 x 2" BUTTON HEAD
AA	16	13-LOK-12INT	1/2" LOCK WASHER
AB	20	13-FLT-12SAEWZ	1/2" FLAT WASHER
AC	12	13-LOK-38WZ	3/8" SPLIT WASHER
AD	22	13-FLT-38SAEWZ	3/8" FLAT WASHER
ΑE	2	13-LOK-516INTB	5/16" LOCK WASHER
AF	2	13-FLT-516SAE	5/16" FLAT WASHER
AG	1	16-FLT-38SAEB	3/8" FLAT WASHER
AH	1	13-LOK-38INTB	3/8" LOCK WASHER
AJ	3	13-LOK-38INT	3/8" LOCK WASHER
AK	2	13-FLT-58N	5/8" NYLON WASHER
ВА	2	12-LOK-12TWZ	1/2" LOCK NUT
ВВ	1	12-FLG-12(13)SB	SERRATED HEX NUT
CA	1	14-BRG-PAC4982	GUIDE BEARING (SHORT)
СВ	1	14-BRG-PAC4962	GUIDE BEARING (TALL)
CC	1	10-LRD-12	SELECTOR PIN LANYARD
CD	1	14-RNG-ERETRG(1/4)	C-CLIP
CE	1	020-0011010	CENTURY SPRING 3894
CF	1	18-PUL-312	3 1/2" PULLEY
CG	8	18-PUL-412	4 1/2" PULLEY
СН	1	20-SNP-56	SNAP LINK DIA. 5/16" x 2 3/4" L
CJ	2	14-BRG-RAD12F	RADIAL BEARING
CK	2	26-STD-PLAS125	ADJUSTER SLEEVE
CL	2	26-STD-PLAS134	GUIDE ROD BUSHING
CM	1	26-STD-PLAS187RH	2" x 4" END CAP (HORIZONTAL H)
CN	2	26-STD-PLAS235-1	RUBBER GRIP
CP	1	19-GRP-78COMFORT	RUBBER HANDLE GRIP
CQ	2	26-STD-SM327	ALUMINUM CAP
CR	2	26-STD-SM328	ALUMINUM RING
CS	2	16-CAP-112212	2 1/2" x 1 1/2" END CAP
CT	18	1/2-13UNC	INSERT
CV	1	19-PAD-1	PLUG BUMPER
CW	1	30-RPN-7163	7/16" x 3" ROLL PIN



OWNERS

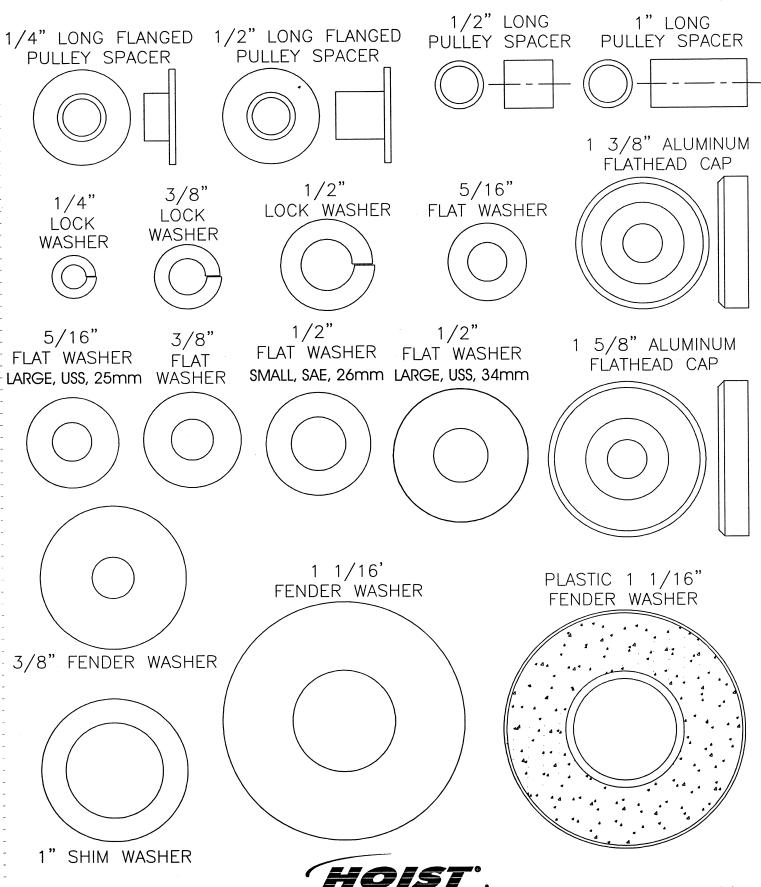
ROLT SIZING CHART



2061 Assembly

OWNERS MANUAL

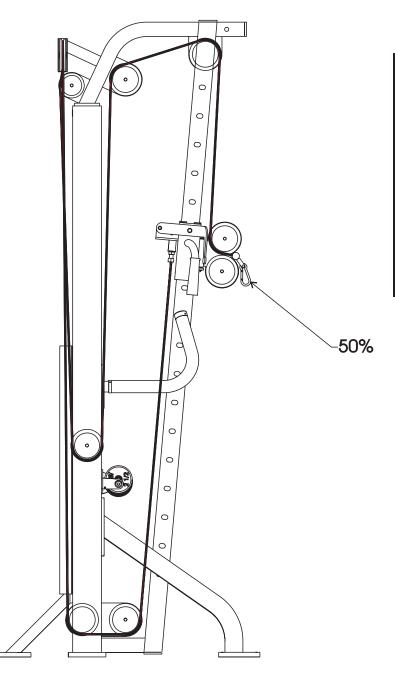
WASHER SIZING CHART



2061 Assembly

OWNERS

WEIGHT RATIOS



	100%	50%
1	8.6	4.3
2	28.6	14.3
3	48.6	24.3
4	68.6	34.3
5	88.6	44.3
6	108.6	54.3
7	128.6	64.3
8	148.6	74.3
9	168.6	84.3
10	188.6	94.3
11	208.6	104.3

The above chart shows the actual weight you are lifting when the ratios are applied. To find the actual weight you are lifting you would come down from the ratio being used and across from the number of the weight plate you have pinned.





OWNERS MANUAL

WEIGHT TRAINING TIPS

Always consult your physician before starting any exercise program.

Hoist equipment is designed to maximize your time spent working out. Having an exercise routine planned out in advance will allow you to get the most benefit out of the time spent exercising, and will also enable you to work all the major muscle groups.

Warm up properly before engaging in weight resistance training. Stretching, yoga, jogging, calisthenics or other cardiovascular exercise can help prepare your body for the heavier workload of lifting weights.

Learn how to perform the exercise correctly before using heavy weight. Correct form is important to avoid injury and to ensure that you work the proper muscle groups.

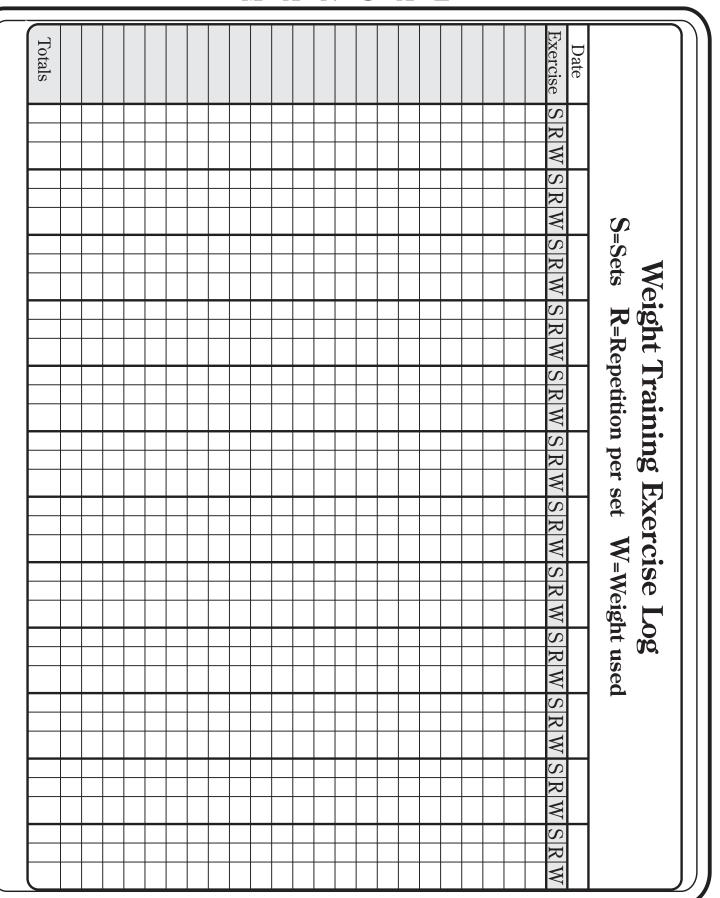
Know your limitations. If you are new to weight training or are embarking on an exercise regimen after a long layoff, start slowly and build foundational strength over a longer period of time.

Pay attention to your breathing. Exhale when you exert is a general rule of thumb. Never hold your breath.





OWNERS MANUAL







ECAL REFERENCE

This decal has been attached to this piece of equipment to provide information regarding operation, safety and maintenance. Before use, take the time to read these decals.

HI-LO PULLEY

Exercise Instructions

Start / End Position

varying accessories (strap handle, ankle strap, etc) and The Hi-Lo Pulley allows performance of a wide selection of exercises. Arms, chest, shoulders, back sides, thighs, glutes and more can be effected by the height of pull

Select desired exercise weight.

Press the thumb lever to adjust exercise cable end to desired height.

Attach the proper accessory to perform the intended exercise.

Midpoint Position

Always exercise using smooth controlled movements.

Read and understand all instructions before using this equipment.

➤ Inspect equipment for loose, worn or frayed parts. If in doubt about a certain part <u>DO NOT</u> use this machine.

Keep hands and feet away from moving parts. DO NOT attempt to free any jammed part by yourself..

Always consult a physician before starting any exercise program.

> Stop your workout immediately if you feel faint or dizzy.

Warm up before and cool down after engaging in weight resistance training.

Take your time and don't rush the exercise. Practice proper breathing, <u>NEVER</u> hold your breath.







HOIST FITNESS SYSTEMS GENERAL MAINTENANCE INFORMATION

Links, Pull-Pins, Snap Locks, Swivels, Weight Stack Pins:

- * Check all pieces for signs of visible wear or damage.
- * Check springs in snap hooks and pull-pins for proper tension and alignment.
- * If the spring sticks or has lost its rigidity, replace it immediately.

Upholstery:

- * To ensure prolonged upholstery life and proper hygiene, all upholstered pads should be wiped down with a damp cloth after every workout.
- * Periodically take the time to use a mild soap or an approved vinyl upholstery cleaner to deter the onset of cracking or drying. Avoid using any abrasive cleaners or cleaners not intended for use on vinyl.
- * Replace ripped or worn upholstery immediately.
- * Keep sharp or pointed objects clear of all upholstery.

Guide Rods:

- * Wipe clean with a clean, dust free rag.
- * If lubrication is required, lube with Waylube Oil ONLY or damage to the Top Weight Bearing may occur.
- * DO NOT repeatedly clean the shafting with alcohol or any other stripping cleanser! The Top Weight Bearing transfers a gliding material to the guide rods. Cleaning other than wiping with a clean, dust free rag will remove the previously transferred material and increase the wear to the Bearing Liner.

Decals:

* Inspect and familiarize yourself with any safety warnings or other user information posted on each decal.

Nuts and Bolts:

- * Inspect all nuts and bolts for any loosening and tighten if needed.
- * Go through a re-tightening sequence periodically to ensure that all hardware is tensioned properly.

Belts and Cables:

- * Hoist uses only high quality belts, and mil-spec cables.
- * Visually inspect the belts and cables for fraying, cracking, peeling or discoloration.
- * While the machine is not in use, carefully run your fingers along the belt or cable to feel for thinning or bulging areas.
- * Replace belts and cables immediately at the first signs of damage or wear. Do not use equipment until belts or cables has been replaced.





Continued: GENERAL MAINTENANCE INFORMATION

Belt and Cable Tension:

- * Referring to the Assembly/Owners Manual, when belts or cables are used check all bolts and attachments to be sure they are properly attached.
- * Check slack in belts or cables and readjust tension if needed.

Seat Sleeves & Oilites:

- * Wipe down adjusting tubes with a dust free rag before applying lubricant.
- * Lubricate seat sleeves and oilites with a Silicon or Teflon based lubricant spray.

Linear Bearings:

* Referring to the Assembly/ Owners manual carefully dis-assemble the bearing from its housing and place a finger full of light grease (lithium, super lube, etc.) into the inside of the bearing. Using your finger, press the grease into the ball-bearings and their tracks. Repeat until the ball-bearing tracks are full of grease. Insert the shaft back into the bearing and wipe off excess grease.

Anti-Skid Surfaces:

* These surfaces are designed to supply secure footing and need to be replaced if they appear worn or become slippery.

PLEASE KEEP THIS FOR YOUR RECORDS.





Hoist Fitness Systems LIMITED LIFETIME WARRANTY

Hoist Fitness Systems warrants this product to the <u>original purchaser</u> to be free from defects in workmanship and/or materials under normal use or service. If at any time a component part is defective, Hoist Fitness Systems shall repair or replace it (at Hoist Fitness Systems option) within a reasonable period of time. This warranty does not cover costs of removal, transportation or reinstallation. This warranty shall not apply if the defect was caused by misuse, neglect or normal wear and tear.

Starting from the original date of purchase, normal wear and tear shall be considered as the following: All malfunctions of upholstery and paint that occur after 90 days; all malfunctions of electronic components, belts or cables that occur after one year; all malfunctions of pulleys, bearings or bushings that occur after five years. The frame and all welded components are warranted for the life of the product.

Hoist Fitness Systems sole responsibility shall be to repair or replace the component within the terms stated above. Hoist Fitness Systems shall not be liable for any loss or damage of any kind including any incidental or consequential damages resulting, directly or indirectly from any warranty expressed or implied or any other failure of this product.

WHAT IS NOT COVERED BY THIS WARRANTY

Hoist's sole obligation under this warranty is limited to either repair or replacement of parts, subject to the additions below. This warranty neither assumes nor authorizes any person to assume obligations other than expressly covered by this warranty.

NO CONSEQUENTIAL DAMAGES. Hoist is not responsible for economic loss; profit loss; or special, indirect, or consequential damages.

WARRANTY IS NOT TRANSFERABLE. This warranty is not assignable and applies only in favor of the original purchaser/user to whom delivered. Any such assignment or transfer shall void the warranties herein made and shall void all warranties, express, implied or statutory, except the one (1) and (5) year warranty described above. These warranties are exclusive and in lieu of all other warranties, including implied warranty and merchantability or fitness for a particular purpose. There are no warranties which extend beyond the description on the face hereof.

ALTERATION, NEGLECT, ABUSE, MISUSE, NORMAL WEAR & TEAR, ACCIDENT, DAMAGE DURING TRANSIT OR INSTALLATION, FIRE, FLOOD, ACTS OF GOD. Hoist is not responsible for the repair or replacement of any parts that Hoist determines have been subjected after the date of manufacture to alteration, neglect, abuse, misuse, normal wear & tear, accident, damage during transit or installation, fire, flood, or an ACT OF GOD.

TRANSPORTATION COSTS. Hoist will accept parts covered under this warranty freight collect, provided that shipment has received prior approval. Hoist is not responsible for any other transportation costs, but will ship freight collect parts either repaired or replaced under these warranties.

WARRANTY CLAIMS. All claims should include: model number, the serial number, proof of purchase, date of installation, and all pertinent information supporting the existence of the alleged defect.

Hoist Fitness Systems 9990 Empire St., #130 San Diego, Calif., 92126 (800)548-5438

Web Site - www.hoistfitness.com

PLEASE KEEP THIS FOR YOUR RECORDS.

